

# Cantering Cougars Running Club

We will have our first Cantering Cougar Practice on Thursday, September 22nd. We also hope to again have some dedicated 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders that will have a great time learning how to run, be a part of a team and work on overall fitness and health. Here are a few pieces of information to keep in mind while your child is in running club this year.



## Code of Conduct

Our Running club at Clovis Grove is just like other athletic "teams" or "clubs" in our district. While it is meant to be a fun and healthy activity for students after school, we will adhere to the guidelines of our Cougar Code at all times and are asking that students commit to attending practices, be respectful our neighborhood and our fellow teammates, be responsible to make sure we are prepared for all practices or to let the "coaches" know when we will not be at a club practice and be safe while we are doing the activities in running club. We will not tolerate poor behavior choices, goofing around or disrespect for adults or fellow students. Please be sure to go over the Running Club Contract with your child before signing them up for club.

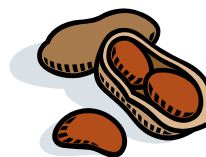
## Dressing for the Weather

As the weather cools off this fall, it is best to always have a pair of light gloves, a hat or headband and layered clothing (light jacket AND sweatshirt, running pants, socks and tennis shoes) for your child to wear at practice. We plan to run outside at every club meeting, with the only exception of dangerous or extremely wet weather. It is always good practice to "overdress" for running club as we can take layers off when we feel warm. If we feel it is warm enough, we will allow the kids to run without hats or gloves **but they need to bring them to school**, just in case. If they don't have the proper clothing to wear at running club, we cannot allow them to run that day.



## Snacks after school

If you can, please pack a healthy snack for your child, including a water bottle that they can have after school. It is necessary after a hard day of working out our brains to refuel our body for a workout after school! Good snack ideas: fruit, granola bars, sunflower seeds, bread, pretzels, etc. It is a good idea to stay away from citrus fruits as it might bother their stomach when we run and anything with a lot of salt. Please do not send cookies, chips, etc. Running club is trying to promote healthy lifestyles and this means making good choices about eating the right foods as well.



Please do NOT send large Gatorade bottles (or other "sports drinks") to school with your child; Gatorade is just sugar water and should be used by athletes that work out for more than an hour at a fairly heavy pace. Water is the best liquid for your child to be drinking before, during and after running club. And it is free!



## **DATES for Running Club**

Due to school schedules and the schedules of our volunteer teachers who give their time after school to coach your children in Running Club, we will have practices 1-2 days each week. After we send the dates home, please keep the dates handy so that your child is prepared for club with all their items they need after school on the days of running club practices. We will begin at the end of September and participate in the Santa Scamper (see information below) and then take the month of December off. We will send home the practice schedule for January through May, 2012 after the New Year. Running club will start up again in Mid-January.

## **Upcoming running event**

We are planning to run the Santa Scamper again in downtown Appleton on Tuesday, November 22<sup>nd</sup>. This is not "mandatory" event for everyone to participate in but would love to have family members participate with us if you can! We'll send home more information as the date comes closer for this event (where to meet, sending in registration forms, etc). We will be ordering club t-shirts again this fall for anyone that didn't participate last year or needs another one. They will be the same as last year; we'll vote on the color in our club.



**Don't hesitate to contact us if you have any questions.**

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